



SBRC Gym Schedule

JANUARY



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00am	Open Gym 6:00-8:00	Open Gym	Open Gym 6:00-12:00	Open Gym	Open Gym 6:00-9:00	*Gym Rental 1/23 12:00-1:30			
6:30am		Bootcamp 6:30-7:30		Bootcamp 6:30-7:30					
7:00am		Complete Conditioning 7:30-8:30		Complete Conditioning 7:30-8:30					
7:30am		Drop-in Total Body Fit 8:50-9:50		Gymna stics 9:30- 11:45		Drop-in Total Body Fit 8:50-9:50	Setup	Open Gym	Drop-in Adult Basketball 8:00-11:00
8:00am								Drop-in Total Body Fit 8:30-9:30	
8:30am								Gym Jam 9:30-11:30	
9:00am	Setup								
9:30am	Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00						
10:00am	Gym Jam 9:30-11:30	Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00	Open Gym 11:00-12:00				
10:30am									
11:00am									
11:30am	Cleanup	Drop-in Adult Basketball 11:30-1:30	Open Gym	Drop-in Adult Basketball 11:30-1:30	Cleanup	Youth Volleyball 12:00-3:00			
12:00pm	Drop-in Sprts Conditioning 12:00-1:00	Drop-in Sprts Conditioning 12:00-1:00	Drop-in Adult Basketball 11:30-1:30	Drop-in Sprts Conditioning 12:00-1:00	Open Gym 12:00-5:00*				
12:30pm	Open Gym 1:00-4:00				Drop-in Pickleball 1:30-3:30		Drop-in Pickleball 1:30-3:30	Open Gym 1:00-3:30	All Ages Bball 1-3
1:00pm									
1:30pm									
2:00pm									
2:30pm									
3:00pm	Open Gym 1:00-4:00	Drop-in Pickleball 1:30-3:30	Open Gym 1:00-3:00	Drop-in Pickleball 1:30-3:30	Open Gym 1:00-3:30	All Ages Bball 1-3			
3:30pm									
4:00pm									
4:30pm									
5:00pm									
5:30pm	Open Gym 5:00-6:00	Supertots Sampler starts 1/12	Open Gym 5:00-6:00	Open Gym 5:00-6:00	Open Gym 3:00-5:00	*1/9 Gym Rental from 2:30-4:30			
6:00pm	Women's Basketball 6:00-8:30 starts 1/11	League Basketball 6:00-10:00	League Basketball 6:00-10:00	Dodgeball 6:00-9:00	Drop-in Badminton 5:45-7:45				
6:30pm									
7:00pm									
7:30pm									
8:00pm									
8:30pm	Open Gym 8:30-9:30	League Basketball 6:00-10:00	League Basketball 6:00-10:00	Dodgeball 6:00-9:00	Drop-in Badminton 5:45-7:45				
9:00pm									
9:30pm									



GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-441-3448 or go to [Http://www.boulderparks-rec.org](http://www.boulderparks-rec.org)